

**ENTRY LEVEL 3
FUNCTIONAL SKILLS
ENGLISH: READING**



**QUESTION PAPER
SAMPLE ASSESSMENT MATERIAL**

Learner name:	
Learner number:	
Your Signature:	
Today's date:	

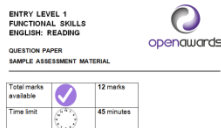


Total marks available: **18 marks**



Time limit: **45 minutes**

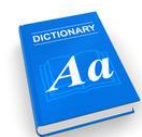
You need:



This **question and answer paper**



A **pen** with black or blue ink



A **dictionary**



You cannot use:



The **Internet**



Instructions

1. Check your name is correct on Page 1.
Write your **signature** if it is.



2. **Read** each text and question carefully



3. **Write** your answers in the spaces provided

Answer:

4. Answer **all** the questions



5. **Check** your work at the end



6. Ask your teacher for more **paper** if you need it.
Write your name on any extra pieces of paper.



7. Your teacher will **collect** your paper at the end of the assessment



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Text 1

KEEPING FIT AND HEALTHY



Out of breath already? You have only climbed up the stairs. So how fit and healthy are you?

A recent report from Nuffield Health¹ shows that 60% of us never walk upstairs and always use the lift. With so many ready meals, internet shopping sites and TV box sets to choose from, we need never leave the sofa!

The Government's Change4Life² scheme encourages people to 'eat well and move more'.

The National Health Service website³ suggests that walking, cycling, stair climbing and home exercise are easy ways to get more active, lose weight and become healthier.

Recommended amounts of activity are suggested for different age ranges. For those aged 19-64 this is 30 minutes each day. An increase in physical exercise improves self-esteem, mood, sleep quality and those who do regular physical activity are less prone to stress.

Increased weight gain is a concern nationally. People are at risk of developing medical conditions such as type 2 diabetes, heart disease, stroke, and cancer.

Can we afford to ignore the research findings? Who's in charge of your health and life expectancy? Are you doing enough?

¹ 'Transforming the nation's health and wellbeing' – Annual Report 2015

² www.nhs/change4life/

³ www.nhs.uk/

Question 1

(1 mark)

What is the purpose of Text 1?

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Question 2

(2 marks)

From the text, give **two** ways you could increase your daily physical activity.

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Question 3

(2 marks)

From the text, list **two** benefits of physical exercise.

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Question 4

(2 marks)

From the text, give **two** reasons why so many people are unfit.

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Question 5

(2 marks)

Using a dictionary, find the words 'campaign' and 'ignore' and write down their meanings.

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Question 6

(2 marks)

List **two** places where you can find more information about keeping fit and healthy.

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Text 2

→ www.gym4all.co.uk

GYM 4 ALL

[Home](#)

[Facilities](#)

[Classes](#)

[Personal
Training](#)

[Events](#)

[Contact](#)

[Video
Tour](#)

 [SEARCH](#)



Our excellent facilities include a swimming pool and sauna, training equipment and qualified fitness instructors.

Why not drop in to the centre and ask for a tour of the facilities which include a coffee bar, a fully supervised crèche and a very popular soft play area? You won't be disappointed.

Individual and family memberships are on offer and weekly or monthly payments can be arranged.

Opening times are 0800-2200 weekdays and 0900-2100 on Saturday and Sunday.

We offer various taster sessions to try out some of the activities available such as the climbing wall and trampolining. A full list is available using the tab above.

All new members complete a medical evaluation of their fitness levels and receive advice on health and safety procedures. Further information on gym equipment and suitable clothing and footwear is available via this link www.fittowear.com.

Why not contact us now and make a start on improving your health and fitness?



Phone: 01932 661792 to talk to a member of our team



Email: gym4all@gmail.com for appointments to tour the facilities or try out some of the activities.

Question 7

(1 mark)

What is the main purpose of Text 2?

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Question 8

(2 marks)

Give **two** facilities you can use at Gym 4 All.

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Question 9

(2 marks)

When can you visit Gym 4 All?

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.....

Question 10

(2 marks)

Give **two** ways to find out more information about Gym 4 All?

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.....

[End of assessment]